



SATURDAY • 10 MAY 2014
ON-LINE REGISTRATION FORM
T-SHIRT TO THE FIRST 150 REGISTRANTS*

PRE-REGISTRATION • DUE BY MAY 2, 2014 Entry Fee = \$15.00 Adults • \$10.00 12 & under

RACE-DAY REGISTRATION • 8:30-9:30 AM Entry Fee = \$20.00 Adults • \$10.00 12 & under

MINI-MILER (10 & under) • 9:30 AM Around Academy Green

RUN-WALK • 10:00 AM Begins & ends @ Academy Green

CELEBRATION & AWARDS • 11:30 AM-1:00 PM K. Heavey Trophy to **FIRST PLACE**

CHECK-IN & RACE-DAY REGISTRATION Academy Green @ Clinton Avenue

FOLLOW THESE STEPS TO REGISTER ON-LINE

[1] Complete this form and e-mail to mzweifel@ywcaulstercounty.org • SUBJECT: MD5K Registration

[2] Pay via YWCA Web site through our affiliate NY Charities. GO TO www.ywcaulstercounty.org •

SCROLL down to the "Blog" on Home page • SELECT "2nd Annual Mother's Day 5K" from Blog listing •

CHOOSE "Click here to register for our event on-line!" at bottom of the Blog page • FILL-IN the required fields on BOTH pages of the NY Charities form(s) • CLICK "Submit" button – and you are set!

Name: _____

Female: _____ Male: _____ Age: _____ T-shirt size: _____ (*NOTE: T-shirt sizes are not guaranteed)

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ E-mail Address: _____

WAIVER RELEASE

In consideration of accepting this entry, I the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the YWCA Ulster County and the City of Kingston, and any and all sponsors, and their representatives, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit, have trained sufficiently for this event, and my physical condition has been verified by a licensed medical doctor.

Print Name: _____ Date: _____

Signature: _____

(PARENT/GUARDIAN MUST SIGN IF UNDER 18)

PROCEEDS to BENEFIT the YWCA'S roster of PROGRAMS

for every woman